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# *Where in Your Life do You Have Complete Peace of Mind?*

*“When I erase all uncomfortable emotions and thoughts, By connecting with people I love and trust, Being active and being outside of my comfort zone, Doing all what is possible, which you have planned to do in your life, Being a kind human and practicing forgiveness. I believe these are all the factors that gives me a peace of mind.”*





# *How and When Can You Peacefully Coexist with Uncertainty?*

*“Being kind to myself and reflecting on past successes that I love the most, Developing new skills and trying to become an encyclopaedist, Avoiding sticking on things that I can't control, Taking my own advice first and by engaging in self-care, Seeking support from those I trust.”*





# *What is The Earliest Memory That You Can Remember of Your Childhood?*

*“There are so many childhood memories, but I will try to share one of them which I still remember .In my childhood I thought there was a superhero amongst us like ‘Shaktimaan’ who always was there to help. So, with that belief, I jumped from the roof by imitating his style, fell on the ground and I ended with my foot fracture, all the while thinking that ‘Shaktimaan’ will save me(very funny though).”*





# *What Prevents You From Being in The Moment More Than Anything Else?*

*“Stories I have in my head about other people & what's happening outside, My habitual patterns of staying in those stories instead of being present. However, I ‘overcome’ this by noticing my surroundings, focusing on one thing at a time, being grateful for what I have now, accepting things as they are, spending time with those who make me feel happy & fulfilled, practicing deep breathing exercises.”*





# *What do You Usually Think About Whenever You're Alone?*

*“An empty mind can lead to negative emotions. When I am alone, I sometimes feel lonely, it makes me feel emotional, I feel frightened, and I become more anxious. Nowadays, I am following few tips, and these are helping me to stay happy whenever I feel alone & lonely: I live my moments that I like the most, I start hanging out with like minded people, I stay disconnected from social media activities and instead I do meditation, yoga and physical exercises etc.”*





# *What Questions or Doubts Are Currently Unresolved in Your Heart?*

*“Some reflections about my past stay unsolved,  
and they try to question themselves.”*





# *What is Your Effect on Those Around You?*

*“My presence prevents isolation and I always give my surroundings a space, to offer friendly companionship. My friends increases my sense of belonging and purpose and this boosts my happiness and reduces my stress. Thus, I also believe in providing this same vibe to others and which I always do. It is only when you surround yourself with optimistic people, that you feel the most inspired to be the best version of yourself.”*

